



Gorbals Church Chat

Dear Friend,

Summer has been a time of slowing down a little and taking time to get to know each other. During July our services have been focussed on sharing stories of how we have been encouraged in our faith or helped to live it out in deeper ways.

Our activities have mostly continued through the holidays and we've taken time to reflect on how they might develop. The Men's Group have decided to vary what they do with an Ask It Basket where members contribute activity ideas and one is pulled out at the end of the session to decide what happens next week. They have also decided to move away from breakfast rolls to accommodate people who eat a halal diet.

The baking groups took a week off to have a day away in Balloch. We went by train, dodging a rail strike, and were warmly hosted for lunch by Lomond Parish Church. We also had a sail on Loch Lomond and an ice-cream, getting back to Glasgow just before the rain started. We feel much closer to each other after our day out.

We are moving into the season of Creation and a time of appreciating the world we live in and how to care for it. We hope that the autumn brings a more settled pattern for our community fridge which offers a place for fresh food to be shared to avoid it going to waste. If you find you have any extra fresh unopened meat, fish or dairy with at least two days left on the *best before* date, please bring it along for sharing or cooking into a 'ready meal' for anyone to take away.

We receive fruit and vegetables when available from the Co-op but would also welcome any surplus fruit and veg especially if you've grown it yourself. In addition, the Wednesday and Thursday baking/lunch teams make delicious Gorbals loaves from Scottish, organic flour donated by Scotland the Bread which is available to anyone.

Until next time...

Catriona Milligan
Community Development Worker
07933789819

EVERY WEEK

- Sunday 11-12 Morning Worship
- Monday 10-12 Men's Group
- Monday 1-3.30 Zest for Life
Shiatsu and relaxation
- Wednesday 10-2 Cooking and
baking with our new neighbours
- Thursday 12-1 All for 1 Yoga
Lunch afterwards



My Lord in Glasgow

This poem was written by Valerie's mum as a thank you to everyone who supported her when her brother (Valerie's uncle) died. Valerie describes it as her 'comfort blanket' and something that supports her on a daily basis. We hope you find it helpful, too.

They say the Lord's my shepherd
Yet how funny He would look
Walking through the streets of Glasgow
With His sheep and his crook.

They say the Lord's my pilot,
Upon the stormy sea,
But, as I am not a sailor,
It won't apply to me.

I'll say the Lord's my doctor
Who heals my every pain,
Who always comes when needed
We never call in vain.

I'll say the Lord's my teacher
Who teaches girls and boys,
And never looks for gratitude
But helps them in their plays.

To me, the Lord's a nursemaid
Against disease she'll fight
She'll see the darkest side of life
And still her faith stays bright.

To me, the Lord's a neighbour
With ever helping aid
When life gets rather much for me
And strength begins to fade.

I'll say the Lord's my elder
And my minister is, too.
They comfort bring when things look black
My hope they strengthen do

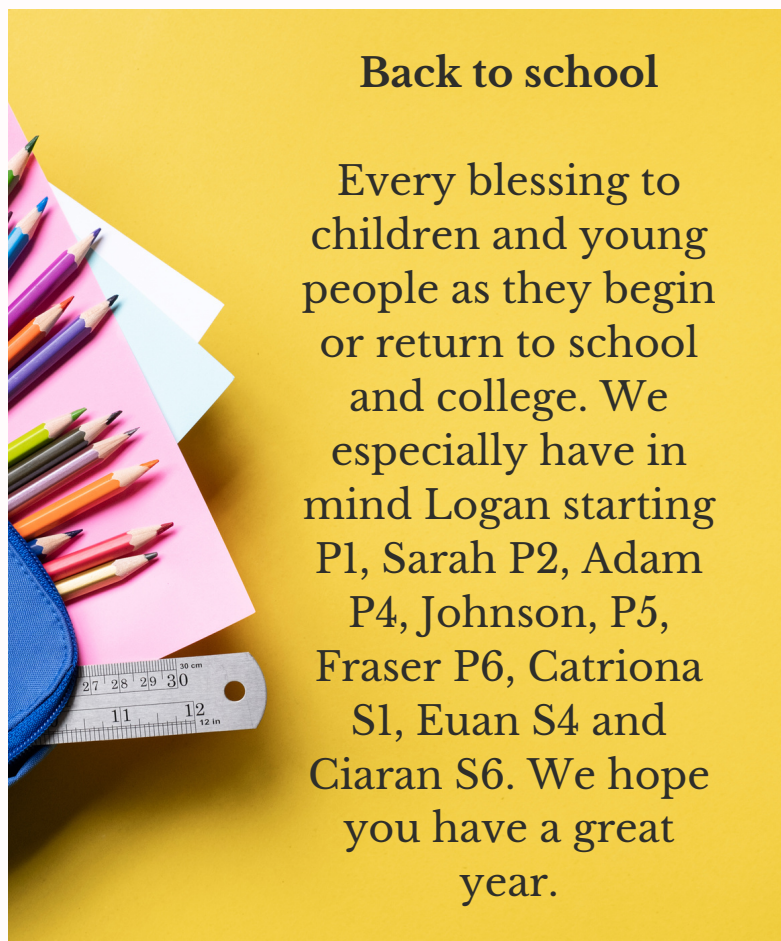
And, so in this great city
My Lord is everywhere
Look! You will find him,
In the hearts of those who care.



Our oldest member Jean Wilson recently celebrated her 102nd birthday. We hope you had a lovely day.

Gardening Group

Our planters have finally arrived and Anne and Linda have planted them up with their carefully nurtured seedlings. If you would like to help develop our wee garden please contact Catriona on 07933789819 for more information. A huge thank you to the men from the Recovery Café who worked with Finlay and Calum to fill the planters with around 80 bags of compost.



Back to school

Every blessing to children and young people as they begin or return to school and college. We especially have in mind Logan starting P1, Sarah P2, Adam P4, Johnson, P5, Fraser P6, Catriona S1, Euan S4 and Ciaran S6. We hope you have a great year.